

Come Join Us!!!

- **Who's Invited:** Consumers, family members, and professionals are invited to attend!!!
- **Purpose:** Self advocacy, employment, empowerment and erasing the stigma associated with mental health services!
- **Registration Cost :** Very affordable! Includes two nights at Tan-Tar-A Resort!!
- **What will be there:**
 - Excellent Inspirational Speakers
 - Informative presentations
 - Excited session prize drawings
 - Random prize raffles
 - Delicious food available
 - Wildly entertaining karaoke
 - Nurse's Station



For More Information:

Phone: 800-364-9687

Fax: 573-526-7926

E-mail: consumerconference@dmh.mo.gov

Real Voices Real Choices Consumer Conference

REAL CHOICES



www.dmh.mo.gov

History and Mission

The "Real Voices-Real Choices" Consumer, Youth and Family Conference is an outgrowth of the efforts of Missouri's Mental Health Transformation grant, funded by the Federal Substance Abuse and Mental Health Services Administration (SAMHSA) and operated out of the Department of Mental Health (DMH). The goals of the conference are to inform, educate, and to empower people who receive mental health services in Missouri. In November 2008, the Transformation grant funded a gathering of 128 consumer leaders who receive treatment services for substance abuse and addiction, developmental disabilities or mental illness to discuss the overall direction of the mental health consumer movement in Missouri and to begin looking at next steps.



Objectives

The goals of the "Real Voices-Real Choices" Consumer, Youth and Family Conference include the following:

- Developing an event that addresses a broad range of mental health related topics that appeal to all recipients of services
- Offering leadership training to consumers to give them the knowledge and skills necessary to serve on boards of directors or in other advisory positions
- Training consumers in self-advocacy and personal recovery skills
- Increasing consumer awareness of mental health services and addiction support services
- Helping consumers become familiar with person-centered treatment practices
- Encouraging consumers to develop self directed services and build recovery support networks.
- Fostering the growth of peer specialists and other peer-provided services
- Learning strategies to combat the stigma associated with mental health services including the treatment of addiction and alcoholism.

Success

The fourth annual "Real Voices - Real Choices" Consumer, Youth, and Family Conference was held on August 12 - 14, 2012. Planned and coordinated completely by individuals who receive services for developmental disabilities, mental illnesses, and substance abuse. Each year the conference participation



has grown. In 2012, the conference attendance reached an all-time high of 601 participants with an expected participation of 800 for the August 18 - 20, 2013 conference.

For Additional Information:

Department of Mental Health
1706 E. Elm Street
Jefferson City, MO 65102
Attn: Consumer Conference

Phone: 800-364-9687
Fax: 573-526-7926

E-mail:

consumerconference@dmh.mo.gov